

STEINFELD LIVING IN THE MOMENT

THE ACTRESS IS PRESENT, AT LAST. PAGE 11

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Sports

The Top 10 Olympians to hail from Philly

PAGE 25



Feds put union workers in irons

Charged. The FBI has brought to court 10 members of Ironworkers Union Local 401 on federal racketeering charges.

Indicted. Investigators allege that workers threatened non-union foremen with violence, destruction of property and other criminal acts if the contractor did not hire union workers, court records show. PAGE 02

Our health guide is from the heart

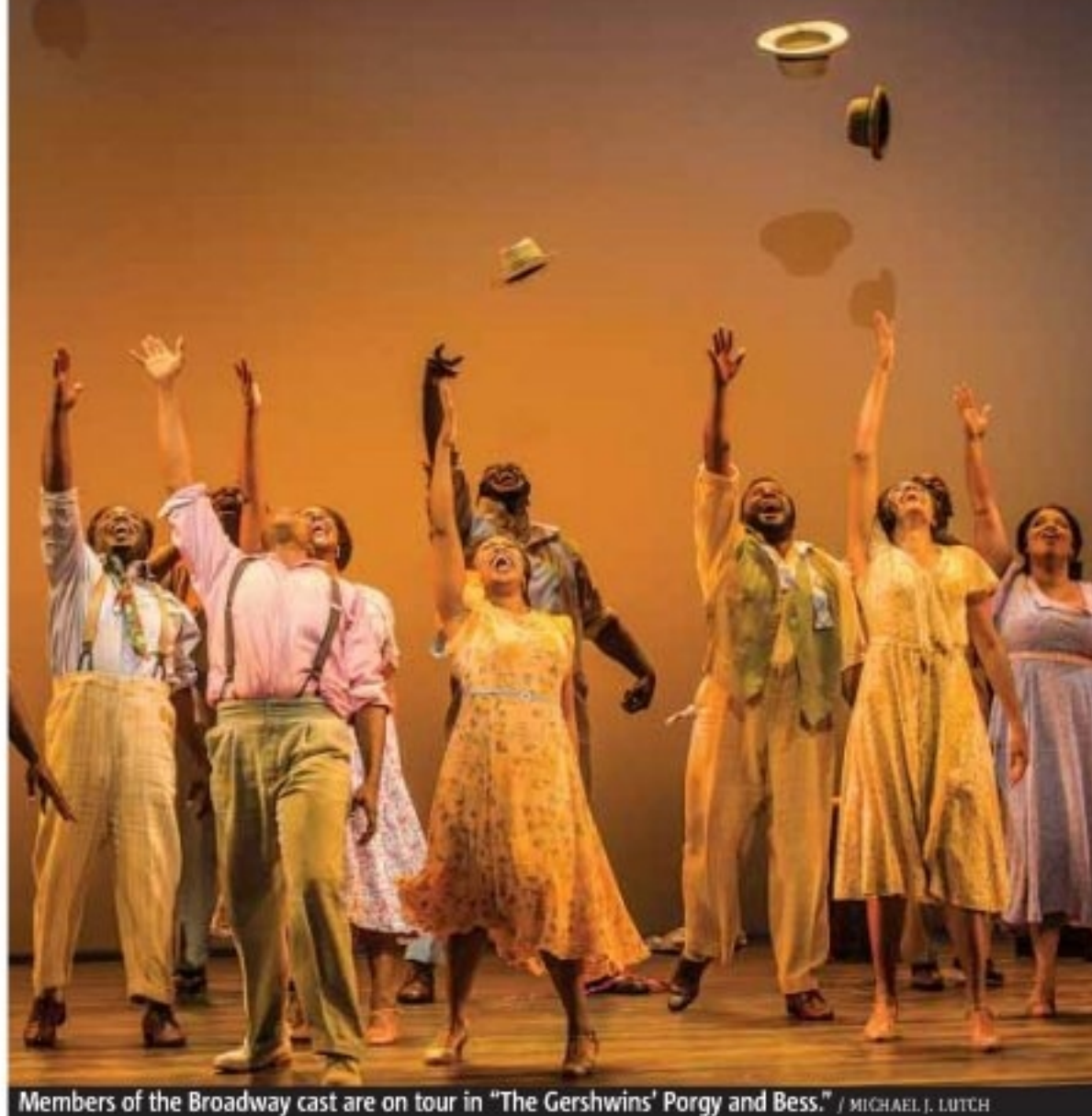
PAGES 20-23

How to avoid the roommate blues

PAGE 15

The livin' is easy in 'Porgy and Bess'

PAGE 12



Members of the Broadway cast are on tour in "The Gershwins' Porgy and Bess." / MICHAEL J. LUTCH

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Ironworkers rung up on racketeering charges



Iron fists. Ten union ironworkers face decades in prison on federal charges.

Charges

Several accusations include:

- Sabotaging a construction site with a blowtorch at 4900 Grays Avenue in July 2013
- Damaging a Quaker meetinghouse construction site in Chestnut Hill in December 2012, with \$500,000 in damages
- Sabotaging a King of Prussia construction site in May 2010, and beating two employees at the same site in June 2010

It was one of the best-known secrets in Philadelphia.

But the truth came out Tuesday in a federal indictment charging 10 senior members of the Philadelphia Ironworkers Union Local 401 with extortion, violence against employees of non-union contractors and sabotaging construction sites where

non-union workers were hired.

One ironworker charged is Joseph Dougherty, 72, the financial secretary and business manager of Local 401. Dougherty

allegedly provided the blowtorch used in the December 2012 sabotage of a Chestnut Hill Quaker meetinghouse construction site, which was widely reported as having been

sabotaged by ironworkers.

According to the indictment, members of the Ironworkers would approach foremen at construction sites where iron work was being done and "implicitly or explicitly threaten the foreman with violence, destruction of property or other criminal acts if the contractor did not hire members of the Ironworkers Local 401."

"The defendants and their associates relied heavily on its well-earned reputation for violence and sabotage, which had been built up in the community over many years

to force contractors to hire members of the Ironworkers Local 401," the indictment states.

All are accused of participating in campaigns of intimidation that allegedly included "assaulting non-union employees with baseball bats, slashing the tires of vehicles, smashing vehicles with crow bars, cutting and changing the locks on construction sites, filling the locks with superglue [and] damaging construction equipment."

SAM NEWHOUSE
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This is the winter of car discontent

A West Philadelphia man attempted to free his car from an ice encrusted parking space after about four more inches of snow fell on the city. / CHARLES MOSTOLLER

Salty. Man used pellet gun in attempted rock salt theft, police say

Police arrested a man Tuesday wanted for threatening two men with a fake gun. In one case, police said, he demanded rock salt.

Daron Stinson, 21, turned himself into police and was charged with aggravated assault and robbery for allegedly pulling a toy gun on two men in two separate incidents that were recorded and posted on social media.

On Feb. 13 around 3 p.m., Stinson allegedly stopped his black pickup truck beside a 52-year-old man salting the sidewalk on Diamond Street. Stinson allegedly asked how much the victim wanted for the rock salt, then held up a black handgun and shouted for the man to put

Social media maniac

Stinson typically shouted profanities at victims and then laughed at them after showing them his fake gun.

- He posted these incidents to Instagram, the photo-sharing social media platform, with the tag "drive-by prank."

the salt in the back of his truck.

As the victim tried to put his salt cart in the truck, Stinson allegedly drove off laughing. A half-hour before, Stinson had shown a black handgun to another man blocks away, shouted something, and drove off. **METRO**

Not 'awesome'

Former sportscaster jailed

Don Tollefson surrendered to police Tuesday and then was sent to Bucks County jail after he couldn't post 10 percent of the mandated



Don Tollefson / FILE PHOTO

\$250,000 bail.

The former sports broadcaster, known for his boisterous personality on local television stations Fox29 and 6 ABC — and his overuse of the word "awesome" — was charged with two felonies and a misdemeanor at his arraignment.

Tollefson, 61, was charged with stealing about \$100,000 over a three-year period, according to the Bucks County District Attorney's office.

Tollefson is accused of stealing from more than 100 people by claiming he was raising money for

various charities. He is also accused of cheating people out of sports trips.

He told the courtroom on Tuesday that he is 131 days sober after entering a drug-rehabilitation program.

His preliminary hearing is Feb. 27. **METRO**

1 NEWS

Local tweet

"this is the 4th olympic hockey game ive watched live while in class #winning"

Good to know your parents are #wasting money, @ifyouseekaylaa.

Top 3

What's trending at Metro.us

1 VIDEO: The best dance moves from Jimmy Fallon's and Will Smith's 'Evolution of Hip-Hop Dancing'

2 VIDEO: Mark-Paul Gosselaar plays Ryu from 'Street Fighter'

3 VIDEO: Is Donny Reagan the country's most racist pastor?

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This rendering shows the Family Court building after Kimpton Hotel's renovation. / KIMPTON

Kimpton bid chosen for Family Court

Retrofit. The city tapped Kimpton Hotels to transform the old Family Court building into a luxury hotel.

The Family Court building on the Benjamin Franklin Parkway will transition in the next two years from a chamber of justice into a luxury hotel.

On Tuesday Mayor Michael announced that The Peebles Corporation, along with P&A Associates, were selected to transform the 73-year-old courthouse at 1801 Vine Street into a 21st century first-class lodge.

The group submitted a \$90 million proposal for the Logan Square building, which is on the Philadelphia Register of Historic Places and contains 37 historic murals.

The hotel will carve 199 rooms, a spa and fitness space, meeting and event space and a restaurant and bar into the 247,000 square-foot building.

Since 1941 the building has served as the

The Parkway

All told, the new Kimpton Hotel will spread out over 247,000 square feet.

The hotel is said to feature:

- 16,000 square feet of spa and fitness space
- 199 guest rooms
- 14,000 square feet of meeting and event space
- 5,800 square feet for a restaurant and bar

Quoted

"We are proud to have been selected ... for the development of this national landmark."

R. Donahue Peebles
CEO of The Peebles Corporation

home to the Family Division of the Court of Common Pleas of the First Judicial District of Pennsylvania. The building still houses the city's juvenile court, which will move to the new Family Court building at 15th and Arch streets in the near future.

The Kimpton group, which beat out two other groups, said the new hotel should be finished by

early 2016.

Nutter said the city will not contribute any money to the project.

The city, who owns the property, would sell the building to the group for \$4.5 million. City Council has to approve the move.

Kimpton Hotels & Restaurants have also retrofitted other locations in the city, including Hotel Monaco, in the former Lafayette Building, and the Hotel Palomar, in the former Architects Building.

Kimpton's Nick Gregory said he looks forward to creating a "unique and dynamic experience for visitors to one of the world's greatest cultural corridors."



TOMMY ROWAN
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City Hall denies gay couple's Vermont union



Rejected. A Philadelphia couple went to Vermont to get married, but their marriage isn't recognized in state.

The Sullivans — Bob, 46, of Northeast Philadelphia, and Bill, 42, of South Philadelphia — are now considered a married couple in Vermont, but not in their home city.

The couple, who wed in New England in 2009, brought their Vermont marriage license to City Hall on Tuesday and requested a Pennsylvania marriage license.

The request was denied.



Bill, left, and Bob Sullivan
CONTRIBUTED

Bob said they wanted to ask for recognition rather than sue for it, because "being from Philadelphia and knowing Philadelphia" it's important to him that gay marriage is recognized as legitimate "through the will of the people."

"I would love it if our

elected officials could actually do their job and do what we elected them for," Bob said.

The couple said they are accustomed to resistance.

Bill said that on his sister's wedding day, he was hit in the head with a bat.

"My family had had enough. The entire party went out looking out for this kid," Bill said. "My father told his father, 'This has to stop.'"

The men said not having a legal marriage made it hard for Bill, who changed his last name, to get a driver's license, and for Bob to assist Bill with his medical needs.



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Down by the Delaware at dusk

A visitor to Philadelphia gazes out at the Delaware River at sunset. / CHARLES MOSTOLLER

Not surprised

Philly second most taxed city

Philadelphia citizens both rich and poor bear the second highest tax burden of citizens in any city in the nation, according to a USA Today report based on informa-

tion from the Office of Revenue Analysis.

The report found that in Philadelphia, a family earning \$150,000 would pay \$25,317 in local city taxes. A family earning \$25,000 would pay \$3,794 in taxes.

The report noted that

poor families in Philadelphia paid the second-highest income tax of any city — approximately \$788 for a family earning \$25,000. Property taxes amounted to 10 percent of the income of families in the \$100,000 bracket.

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Report. Apple looking at cars, medical devices for growth

Apple Inc. is looking at cars and medical devices to diversify its sources of revenue as growth from iPhones and iPads slow, according to a San Francisco Chronicle report.

Apple's head of mergers and acquisitions, Adrian Perica, met with Tesla Motors Inc. founder Elon Musk at the company's headquarters last year around the same time analysts suggested that Apple acquire the Model S electric car maker, the newspaper reported on Sunday, citing a source.

Quoted

\$3.2B

Rival Google Inc. recently bought thermostat maker Nest Labs for \$3.2 billion, robot maker Boston Dynamic and artificial intelligence startup DeepMind Technologies Ltd. The company has also been working on projects including Google Glass and self-driving cars.

The company is also exploring medical devices and sensors that can help predict heart attacks by studying the sound blood makes as it flows through arteries.

The company's senior vice president of operations, Jeff Williams, has met with U.S. Food and Drug Administration chief Dr. Margaret Hamburg and Dr. Jeffrey Shuren, who oversees the agency's approval for medical devices, to discuss "mobile medical applications," the paper reported, citing FDA records.

Apple could not be reached for comment.

Investors hope that Apple, which last came out with a new device — the iPad — in 2010, has something up its sleeve for 2014. Speculation currently revolves around a smartwatch or even a long-rumored TV product.

REUTERS



Launched

2008

Bitcoin was launched in 2008 and is traded within a global network of computers.

First US bitcoin ATMs to open soon

Robocoin said on Tuesday that later this month it will install the first automated teller machines in the United States that let users buy and sell bitcoin, the latest step into the mainstream for the digital currency. The kiosks, to be installed in Seattle, and Austin, Texas, are similar to ATMs but have scanners to read government-issued identification such as a driver's license or a passport to confirm users' identities. The ATMs will allow people to swap bitcoin for cash, or deposit cash to buy more bitcoin by transferring funds to or from a virtual wallet on their smartphones. Bitcoin is not backed by any company or government and has no assets behind it, but its release is tightly controlled, mimicking a central banking system's control over the minting of money. It can be used online at sites like Overstock.com or in a handful of stores. REUTERS / GETTY IMAGES

Pornography

Former congressman Mel Reynolds arrested in Zimbabwe

Former congressman Mel Reynolds has been arrested in Zimbabwe, an immigration official said on Tuesday, after state media reported the convicted sex offender had been found with pornography at a local hotel.

Police and immigration officials were investigating Reynolds for living in the southern African country without a valid visa, Francis Mabika, an assistant regional immigration officer, told Reuters.

Mabika said Reynolds has been in Zimbabwe since November, but declined to give further details.

Possession of pornography is a crime in Zimbabwe. REUTERS

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USA	6	4	10	20
3. Russia	5	8	6	19
4. Norway	7	4	7	18
5. Canada	4	9	4	17
6. Germany	8	3	4	15
7. France	3	1	5	9
Austria	2	6	1	9
Sweden	2	5	2	9
10. Switz.	5	2	1	8

Winter Olympics.

Wise wins US gold, Shiffrin debuts fifth



1 American **David Wise** looked golden rightside up or upside down. The 23-year-old took first place and the U.S.'s sixth gold of the Olympics with a 92.00 in his first run in men's ski halfpipe despite heavy snow.

2 The so-called Missy Franklin of the Sochi Olympics made her debut Tuesday on the slopes. But American **Mikaela Shiffrin**, just 18, could only finish fifth in the giant slalom. Slovenia's Tina Maze won her second gold of the games.

3 It wasn't quite as painful as Vancouver, but Dutch legend **Sven Kramer** could only manage silver in men's 10,000-meter speed skating. In Vancouver, the heavy favorite was disqualified after his coach pointed him to the wrong lane. Here, it was just countrymate Jorrit Bergsma who did him in.

4 **Alex Deibold** outdid more successful American teammates Nick Baumgartner and Nate Holland to take bronze in men's snowboard cross.

5 Norway's **Emil Hegle Svendsen** looked spent after he won his third career gold (he won two in 2010), in a photo finish in men's 15-kilometer biathlon mass start.

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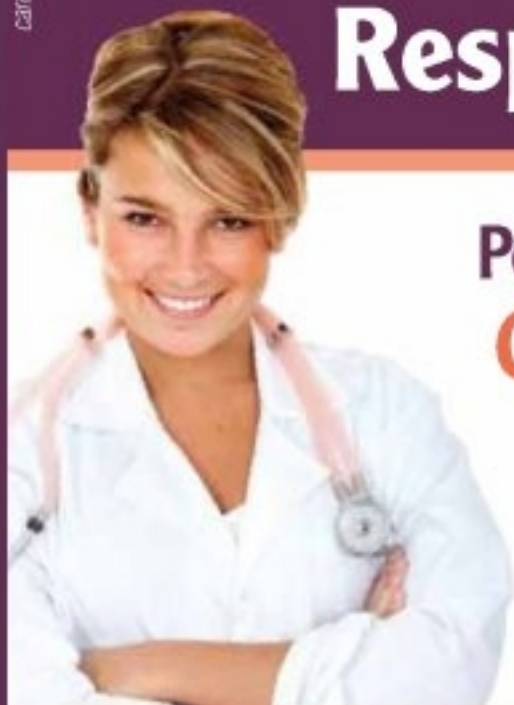


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EDUCATION TOWARDS EMPLOYMENT

2

CULTURE



Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Alec Baldwin is looking into a new home, Miles Teller is easy to please, Mindy Kaling isn't impressed and Patton Oswalt took the joke too literally.

@ABFalecbaldwin: To think that the place I want to move to is called Jerónimos.

@Miles_Teller: Never heard a version of "House of the Rising Sun" I didn't like

@mindykaling: If I was blind I could tell who the hot girls in the nail salon were by how boring their stories are

@pattonoswalt: Hey guys, 1995 called and...oh God. It's become self-aware! THE YEAR 1995 IS SELF-AWARE & SENTIENT. (gunshot)

Devo guitarist dead

Bob Casale, one of the original members of the band Devo, died from heart failure on Monday. He was 61.

The death was announced via the band's Facebook page Tuesday. "As an original member of Devo, Bob Casale was there in the trenches with me from the beginning," his brother and bandmate Gerald Casale said. "He was my level-headed brother, a solid performer and talented audio engi-



BOB CASALE PERFORMS IN 2008.
ALL PHOTOS GETTY IMAGES

neer, always giving more than he got."

According to his brother, Bob's death was "sudden" and a "total shock to us all."

Rihanna chats weave in the pages of Vogue

God bless Rihanna for chatting about her weave and love of cheap jewelry in the pages of the high-fashion bible Vogue.

"My jewelry's all fake — from Claire's," she tells the magazine in this month's cover story (it's the 26-year-old's third time gracing the cover). "Or I get it from my mom's boutique in Barbados. Her shop's called FAB-U-LUS."

But it's Rihanna being frank about her weave that made us fall deeply, deeply in love (not everyone you interview admits to sporting fake hair — and most celebrities do).

"It's not my hair, but the girl who donated it, she's the bomb," Rihanna said about her hair, which, at the time, was styled half short, half long. She even pulled her hair back



to show the reporter the weave's inner-workings.

"Black girls never let anyone see this," she said frankly. "I have two main hair people I work with. They're always with me. I'm like, 'I'm bored! I wanna change my hair!' That's the good thing about a weave. You can do whatever with it."



Slush and the city

Sarah Jessica Parker looked as if she was trying hard not to fall walking through Tuesday's wintry mix with her daughters Marion Loretta Elwell Broderick and Tabitha Hodge Broderick in the West Village.

Talking point

A secret CW wedding!

Leighton Meester and Adam Brody, the Josh Schwartz union of our CW dreams, have married in a super-secret wedding, multiple sources have told Us Weekly.

There isn't much else to report about this, seeing as

how it was "super secret." The duo only publicly acknowledged they were engaged a scant three months ago.

Funny, you'd think these two would be the ones selling their wedding photos to Us Weekly, not hiding from it. Good for them.



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Being normal (sort of)

Interview. Hailee Steinfeld plays the typical daughter of an assassin in "3 Days to Kill."

So far Hailee Steinfeld has played in movies set in the distant past ("True Grit," "Romeo and Juliet") and the distant future ("Ender's Game"). "3 Days to Kill" has her playing a normal teen in the present. Well, not that normal: She's Zoe, an American in Paris whose estranged father is a government assassin, played by Kevin Costner.

"I think her situation is very similar to a lot of situations that teenage girls go through all over the world," she says. "She acts out a lot. I've gone through phases in my life where you're somewhere in the world and you don't know what you're doing, and you have to

McG and the Coens

Taking direction

Steinfeld's director on "3 Days to Kill" was McG (real name: Joseph McGinty Nichol). He's known for his boundless enthusiasm. "He was constantly referencing things that I would pull my cellphone out and Google," she says. "He was just spitting out references, from historical to music to movies to everything."

McG is of a different countenance from

her first directors, "True Grit"'s Joel and Ethan Coen. "They have a very different style," she says. But Steinfeld says the Coens are not as mysterious as their enigmatic public persona would suggest: "They're so easy to talk to and so down-to-earth. They have an amazing team and an amazing family that comes together to make a great film."

with her long-lost dad. The growing affection between her and Costner, if not the initial acrimony, is real. "We shot the movie in order, so we were able to start out like our characters, not really knowing each other, but wanting to get to know each other but sort of holding back," she says.

But they bonded off-screen, too: "Our bonding mostly happened in between takes, in a car, warming up. In between set-ups we were stuck in a van with a bunch of people."

That wasn't, thankfully, the most exciting part for her. "The one thing that stood out right away to me was the wardrobe. I remember my first fittings I was like, 'Oh my God, I hope I get to keep this stuff!' I did not necessarily feel that way about 'True Grit.'"



MATT PRIGGE
matt.prigge@metro.us

fit in or else you're a nobody." Still, she doesn't think being normal makes her character too different from Mattie in "True Grit" or Juliet in "Romeo and Juliet." "I think with all the characters that I've played, all of them have strength, even if it's an underlying strength, that you don't necessarily see

but you know they have. Then there's 'True Grit,' where Mattie had nothing but strength and courage and she just exuded that. Whereas with Zoe, she has it and you know you're going to see it but she doesn't let you see it until the right time."

The crux of the film isn't the occasional action, but about Zoe reuniting



Hailee Steinfeld plays a teenager reconnected with her assassin father (Kevin Costner) in "3 Days to Kill." / GETTY IMAGES

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Blues and jazz on Catfish Row

Theater. Bess still loves Porgy in this version of the classic 1930s opera.

Follow the sound of Alicia Hall Moran's voice and there's no telling where you'll end up. The classically trained mezzo-soprano has sung opera, graced musical theater stages, collaborated with the Bill T. Jones/Arnie Zane Dance Company and created avant garde work with her husband, jazz pianist Jason Moran.

The touring company of "The Gershwins' Porgy and Bess," the Broadway version of the classic opera, allows her to incorporate all of those influences into a single role as Bess. "I feel so free in the music of Gershwin, because he was

influenced by the same music that I love," Hall Moran says. "He had a mastery of Western classical music and a love for the African-American response to the new world — the blues, jazz, gospel."

George Gershwin combined all of those influences in "Porgy and Bess," which depicts the life of African-Americans in the fictional Catfish Row in 1920s South Carolina. "By the time you're hearing his music, it's an entirely new thing built off of what came before," Hall Moran says. "It's just like jazz, creating something authentic but really new. The real innovation comes not when you take a big leap, but when you can sew the last stitch on everything we know and pull them all together."

Director Diane Paulus, playwright Suzan-Lori

If you go

'The Gershwins' Porgy and Bess'

Through Feb. 23
Academy of Music
240 S. Broad St.
\$20-\$105.50
215-731-3333
www.kimmelcenter.org/broadway

Parks and composer Diedre L. Murray stoked controversy even before this new "Porgy and Bess" arrived on Broadway, paring the original down and changing the opera's sung recitative into spoken dialogue to make it more audience-friendly. Stephen Sondheim famously objected in a New York Times editorial.

"What he wrote wasn't about our show, because he never saw our show," Hall



Alicia Hall Moran is Bess and Nathaniel Stampley plays Porgy in the musical. / MICHAEL J. LUTCH

Moran says in response. "The creative team began to re-look at the piece with profound integrity as they put musical theater values onto it. I pinch myself every single day that I'm in a mainstream work that I would call art co-created by an assemblage of the best of the best."



SHAUN BRADY
letters@metro.us

Discovered

Playing Bess

Hall Moran was involved with "The Gershwins' Porgy and Bess" from the outset, serving as Audra McDonald's understudy during the show's Tony-winning Broadway run. She was performing "the motown project," her own

show combining soul hits with opera in a cabaret format, at Boston's Regattabar. That venue happened to be on the same block as the American Repertory Theater, which originally presented the new production.

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Emotion. Dancer Lindsay Browning turns melancholy into an art form with 'Blue.'

It's been a brutal month for cyclists, a fact choreographer Lindsay Browning knows all too well. As a professional dancer/yoga teacher/photographer/costume designer, she logs about 14 miles a day between gigs in the wind, rain and monthlong snow-pocalypse.

So who can blame her if she's feeling a tinge blue this month?

Browning's latest dance/performance art piece, "Blue" — performed with local electronic composer Marlo Reynolds — is an exploration of her struggles with various shades of melancholy. A Group Motion company member, Browning is an experienced performer and choreographer. But this show will highlight her design background as well.

"I can't help but put all of these things onstage: props, music, storytelling, large-scale costumes," she says. "On some level it's



Browning promises the show is not "a downer." / ALAN KLOC

not a choice; they're all a part of what I do and who I am. By making pieces like this, I'm actually trying to figure out why I'm fascinated by all of these

art forms."

Among Browning's influences is the most melancholy of all writers, Samuel Beckett. "Blue" even features an entire

If you go

'Blue'

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dance sequence interpreting Beckett's play, "Act Without Words I."

"I don't want to give the impression that this is going to be a downer. There's a lot of lightness and connection," Browning says. "But there is a feeling of blue that's present, because it is present in life. We all have it. And it can be a beautiful part of life. I heard somewhere once that there are two kinds of choreographers: people that make dance from dance history, and people that make dance from life. ... I'm definitely the latter." **BRUCE WALSH**

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TV watch list

AWARDS SHOW

'Brit Awards'

Will London Grammar win for British Breakthrough Act? Can Justin Timberlake beat out Bruno Mars and Drake for best International Male Solo Artist? Will every presenter have a charming accent? Find out all this and more during Britain's biggest (only?) music awards show. **8:45 P.M., FUSE**

TALK SHOW

'Inside the Actors Studio'

Best Actress nominee Amy Adams continues the time-honored, talk show-tested fight for an Oscar, gabbing with James Lipton about her impressive career, including her starring role in "American Hustle." In all seriousness, we hear she gets pretty emotional

talking about the late Philip Seymour Hoffman, her co-star in "Doubt" and "The Master," so have a box of tissues handy.

8 P.M., BRAVO

SPORTS

'The XXII Olympic Winter Games'

The ladies get their turn on the ice, with Gracie Gold, Polina Edmunds and Ashley Wagner representing Team USA in figure skating. Also happening: men's alpine skiing finals, men's snowboarding and women's bobsled, featuring hurdler-turned-bobsledder Lolo Jones, who just competed in the women's two-man — which sounds like something inappropriate for prime time, but we're pretty sure is just two women on a sled.

8 P.M., NBC
RACHEL VIGODA



Amy Adams talks playing a con artist on "Inside the Actors Studio." / GETTY IMAGES

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For years, I would begin each day telling myself, "Today is the day I start my diet," and I would end each day berating myself over my lack of self-control with food. I would always assure myself by saying "I will do better tomorrow," but tomorrow never came, and I continued in a downward spiral! Plagued with hypertension, high cholesterol, sleep apnea, acid reflux disease, and an A1C value that had me knocking on diabetes' doorstep, I carried my weight with a smile — but behind that smile was genuine suffering.



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STYLE 16

LFW: 'Contrasts and extremes'

Fashion Week diary

Follow our editors' diaries as they take you to the front row of London Fashion Week. For more coverage, visit www.metro.us and www.modmods.com.

Tuesday

11:17 a.m.

In a lot of ways, Simone Rocha's eccentric style encapsulates that hard-to-pin-down, wonderfully weird quality associated with the London girl's style. But she does it with a certain creative risk and measured execution that makes her show worthy of having Anna Wintour sitting front row. The question is: How is she going to evolve the very specific look she's established (doll-like bustle skirts and dresses) in a way that feels original? This season, she's answered that by marrying her old Elizabethan shapes with now fabrics and textures, such as yellow python and black pony skin. It's a move that stops her exaggerated shapes from looking like costume, while keeping the theatrical flair that her fan

The designer

Simone Rocha

- **The scene:** Power editors, friends and family. Designer John Rocha, her dad, leads the standing ovation.
- **The major trends:** Fur, contrasting texture and embellishments. Rocha gets extra points for not going overboard with the beadwork.
- **What this will mean for your wardrobe:** How can I forget to mention it: pink! The color, which Simone helped make popular, was here in all its girly glory.

girl wants. The most wearable pieces are the black prim coats and dresses decorated with frills, in bonded wool and twill. But it's the python skirt suits, as wild as they are, that demand to be worn. **KENYA HUNT**



SIMONE ROCHA
ALL PHOTOS GETTY IMAGES

So right now

Pink is #trending again

The halfway point of Fashion Month, which we are now at, is around the time fashion folks start talking about trends. Now, this can be premature — one neon-skirted prom dress does not a trend make. Let's not get ahead of ourselves. But



A PINK LOOK AT DKNY

one thing we can say with certainty is that this

fall you will be wearing pink.

For fall, the feminine color slouched over models at Derek Lam and bundled them up at Topshop Unique; it dominated Kaelen's outing, softened Milly's off-duty ballerinas and enfolded models in fur and wool at Ralph Lauren.

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FINALLY, A 'FINAL FANTASY' SUCCESSOR IN 'BRAVELY DEFAULT'

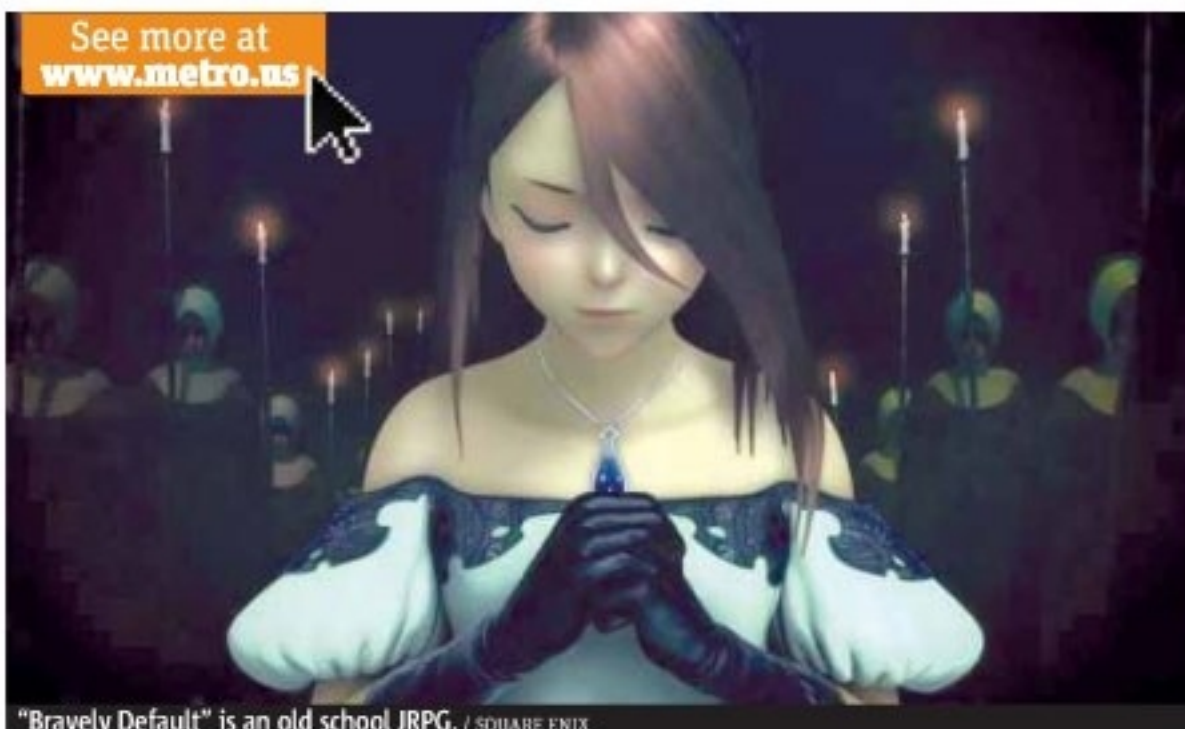
Bravely Default

System: 3DS
Company: Square Enix

There once was a proud and marvelous RPG series called "Final Fantasy." These games wove fantastical tales of good and evil. They featured fast-paced combat systems, plenty of real estate to explore and a perfect marriage of story and gameplay. They also let you ride around on a giant chicken. Gamers the world over swooned.

All good things come to an end, however. With advancing hardware and shifting consumer demands, the series found itself relying less on gameplay and more on flashy cinematics. While not bad, newer entries in the franchise lacked the satisfying rhythm that made the first several so essential.

Enter "Bravely Default," an old school "Final Fantasy" game in everything but name. Four plucky heroes? Check. A bona fide overworld map that can be explored however you see fit? Check. An absolutely addictive job system that lets you play as a thief, a ninja or even a merchant?



"Bravely Default" is an old school JRPG. / SQUARE ENIX

Sidescroller

LAWRENCE BONK

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Check. Confusing nonsense about the four elements? Check! However you multislice it, this stellar old school JRPG could just about have come out in 1992.

I said "just about." Square Enix wisely added some modern accoutrements to all of this retro goodness. Many of the things that scare people away from the genre are tweaked here. There is a fluid difficulty slider and the ability to change up how often you are attacked. There's full, if a

bit cheesy, voice acting in both English and Japanese. You can speed up battles to a dizzying degree, making level grinding a breeze.

However, just because it is being awarded five globes doesn't mean it's perfect. There are some late-game pacing issues and a rather strange attempt to throw microtransactions into the mix. Barring these, though, it is a simply stunning addition to the JRPG canon and is absolutely guaranteed to make your next horrible Greyhound trip go by more quickly.

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Benefit. Immune-boosting smoothie

Packed with antioxidants, vitamin C and immune-boosting herbs.

1 Cover a handful each of goji berries and mulberries with water to soak and rehydrate while you prepare the other ingredients.

2 Into a blender, add: a handful of blackberries, a handful of blueberries, juice of a quarter of a lemon, 17 ounces of almond or rice milk, 3 ounces of coconut water and 2 teaspoons of honey



Boost your immune system with this bad boy. / NEALS YARD REMEDIES

(manuka if you have it).

3 Add the soaked goji and mulberries, including the water. Add a pinch of cinnamon powder. Blend well and serve. This makes two large servings and is best drunk fresh to preserve its vitamin content.

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1 Begin by infusing the following antiviral immunity dried herbs in a cup of hot water: 1 teaspoon of olive leaf, 1 teaspoon of sage, 1 teaspoon of Echinacea and grated 1-3 centimeters of fresh ginger root.

2 Leave to infuse for 15 minutes while you prepare the other ingredients.



Cold & Flu Relief Smoothie / NEALS YARD REMEDIES

3 Juice four large oranges and one lemon, a handful of crushed fresh mint and three teaspoons of honey (manuka if you have it).

4 Using a strainer, add the cooled herbal infusion from above.

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3 Add ¼ teaspoon of cayenne powder and ½ teaspoon of turmeric powder.

4 Using a strainer, add the cooled herbal infusion once chilled.



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small florets of broccoli.

2 Whisk in ½ teaspoon turmeric powder.

3 For an added boost, add one avocado.

4 Combine the juice and blended ingredients and add filtered water to reach desired consistency.



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Michael Trznadel Room# 0063, Cubina Phillips Room# 0079,
Barbara Ney Room# 1003, Velma Mastrolia Room# 2032,
Tinae Vee Room# 0006, Bryan Booker Room# 1029,
Eddie Davis Room# 0021

U-HAUL CENTER OF HORSHAM

1418 EASTON RD HORSHAM PA 19044 - (215)672-7050

AUCTION DATE: 02/26/2014 TIME: 10:30 AM

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Edward Mineweaser Room# 2053, Nathan Belasco Room# 3044,
Elaine Grauel Room# 1095, Sarine Johnson Room# 2041,
Scott Salisbury Room# 2034, Sarine Johnson Room# 2029,
Ann R. Williams Room# 2026

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AUCTION DATE: 02/26/2014 TIME 12:00 PM

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Edward Deitz Room# 1272, Edward Deitz Room# RV25,
Amber Russell Room# 1533, Yamil Gonzalez Room# 1047,
Matthew Thiboldeaux Room# 1006, Matthew Thiboldeaux Room# 2013,
Joan Nocito Room# 1251, Anthony Johnson Room# 1203,
Dora Payne Room# 1414, Edwin F. Roman Room# 1403,
John Cromwell IV Room# 2015, Steven Hosking Room# 1030,
Dana Funk Room# 1046, Ronald Beerhalter Room# 1007,
Leo Devine Room# 1278, Crystal Barber Room# 1131,
Tiffany Chew Room# 1435

Tracey Cobb Room# 1139, Barbara Norcross Room# 1167,
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New meds

What to expect

Dr. Myerson notes that the new changes call for a wider use in statins. Here are her thoughts on two recently released heart meds:

1 Juxtapid, a low-density lipoprotein (LDL) lowering prescription medication: "This medication is for those with homozygous hypercholesterolemia and complex heterozygous familial hypercholesterolemia. This is very expensive (\$250,000 per year) and may have significant side effects, including to the liver."

2 Mipomersen, an injectable low-density lipoprotein (LDL) lowering medication: "This has the same indications as Juxtapid, but is less expensive at about \$150,000 per year."

LINDA CLARKE
letters@metro.us

The guidelines, they are a-changin'

Regulations. What you need to know about the medical community's new categories.

Since the last National Heart Health Month, the medical community underwent a dramatic change in categorizing patients for heart disease prevention and treatment. Citing criticism over conflicts of interest as the main reason for the change, the National Institutes of Health handed over treatment guidelines to the American Cardiovascular Association and the American Heart Association.

"When you change any guidelines, it's a big undertaking," says Dr. Merle Myerson, Director of Mount Sinai St. Luke's and Roosevelt Hospital's Center



"It used to be about knowing your numbers and meeting a target for cholesterol," says Dr. Myerson. "Now, who should be on meds is split into four groups that benefit from statin therapy." / FUSE

for Cardiovascular Disease Prevention. "Guidelines decide who will be treated and who will not. The new guidelines are a drastic change in how to measure risk."

The new system switches from monitoring individual blood cholesterol levels, along with other physiological factors, to grouping individuals into one of four complex cat-

egories. But Dr. Myerson's fear is that lumping people into categories might miss some at-risk heart patients, particularly those with familial hypertension, who will be overlooked for testing and treatment.

"When the new guidelines were written, they took into account randomized trials, but not population studies, or epidemiological studies," she says.

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CHD patient has his heart set on health

Heart-to-heart. Michael Pernick, 25, tells us about living with congenital heart disease.

What causes it?

Pinpointing

Congenital heart disease is highly regarded to be genetic and not linked to environmental elements in utero. "But, because these genes are so complex, it's difficult to pinpoint genomes," Ginns says. "Currently, there's a huge NIH study of people with different conditions. It'll take a while to sift through."

Within seconds of Michael Pernick's birth, it was clear something was wrong. He was what's called a blue baby; his blood was not carrying enough oxygen through his tiny body. Within two days, Pernick underwent surgery for a congenital heart condition known as Tetralogy of Fallot. Two more surgeries followed, and when a nearly fatal post-operative infection developed, things turned serious once again.

"I was so lucky to have a good team who knew all about me," says Pernick, now a healthy 25-year-old. "Less than 10 percent don't have adequate care as adults," says the Roslyn Heights, N.Y., native.

Dr. Jonathan Ginns, an adult congenital heart specialist at Columbia



"I had great pediatric cardiologists and I was lucky to have a specialist as an adult," says Michael Pernick.

COURTESY OF MICHAEL PERNICK / ADULT CONGENITAL HEART ASSOCIATION

University Medical Center and a member of the ACHA Medical Advisory Board, agrees: "There's only 500 certified doctors in the country and they're mostly in the big learning institutions. There aren't enough specialists working in the general medical field."

Congenital heart disease — "defects in the structure of the heart," Ginns says — is lifelong, corrected by surgery and can involve medications.

"There are 30 different conditions that are classified as congenital heart disease," says Ginns.

Pernick, an Adult Congenital Heart Association ambassador, says his childhood was, "normal, but a bit difficult." Now, he says, I try to be healthy, but I can eat anything within reason, the same as anyone else."

LINDA CLARKE
letters@metro.us

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Slimming snacks your heart will love

February is American Heart Month, the perfect time to show your ticker some love. Dig into these delicious snacks, which are sure to delight your taste buds while providing key nutrients for a stronger, healthier heart.



Crunchy spiced chickpeas

Take ordinary chickpeas and spice them up for a flavor-packed munchie that curbs hunger and provides loads of potassium — a key nutrient for keeping blood pressure stable. Drain and rinse a can of garbanzo beans, then toss with ½ teaspoon onion powder, ¼ teaspoon garlic powder, a pinch of cayenne and a touch of salt. Spread seasoned chickpeas on a baking sheet misted with oil spray and bake for 30-35 minutes (tossing halfway through) in a 400-degree oven. Feel free to experiment with different seasonings for variety.



Tasty trail mix

You don't have to be trekking through the woods to enjoy this heart-healthy trail mix. Stir together a handful of whole grain cereal, 1 tablespoon nuts (such as almonds, peanuts or walnuts), 1 tablespoon dried fruit (try raisins or chopped apricots) and 1 tablespoon dark chocolate chips. Pack in a small container to enjoy during snack emergencies. The mix offers a substantial dose of fiber from the whole grains, healthy fat from the nuts and antioxidants from the dark chocolate to provide a terrific trio of heart-healthy nutrients.

For smart eating tips and delicious recipes, visit JoyBauer.com and follow Joy on Twitter (@joybauer), Facebook ([facebook.com/JoyLBauer](https://www.facebook.com/JoyLBauer)) and Instagram ([instagram.com/joybauer](https://www.instagram.com/joybauer)).



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Heart disease: It's not only a men's issue



Be proactive and ask your doctor about your risk for heart disease. / WAVEBREAK MEDIA

Beyond chest pain. Women, read up on how it affects you.

When Rosie O'Donnell thought she was having a heart attack in 2012, she ignored the symptoms, took some aspirin and didn't call a doctor until the next day. Her reaction, experts say, is all too common for women, who often dismiss heart attack symptoms.

For decades, physicians have tried to educate women that their risk for heart disease is just as great as it is for men. One in three women in the U.S. has some form of it, and women are much more likely to die after having a heart attack than men are, according to The Heart Foundation. Heart disease, the No. 1 killer of women (and men) in the U.S., causes more deaths than all cancers combined. But despite efforts to raise awareness about women's risk, the message hasn't gotten through fully.

"To many, the typical heart attack victim is still a 50- to 60-year-old man, maybe a smoker, having crushing chest pain," says Dr. JoAnne Foody, director of Cardiovascular Wellness at Boston's Brigham and Women's Hospital.

And the death rates from heart disease for younger women — 35- to 54-year-olds — are even increasing. One reason is that many are unfamiliar with common signs of heart attack, particularly for women. Although 92 percent of respondents to a 2005 poll recognize chest pain as a sign of a heart attack, only 27 percent were familiar with the other common

symptoms and knew to call 911 when they saw them, according to the CDC. For women, sharp chest pains during a heart attack are much less common. Women-specific heart-attack symptoms include pain in the arm, jaw or back; stomach pain; shortness of breath; and fatigue.

"Forty percent of women experiencing a heart attack won't have chest pain," says Holly Andersen, director of education and outreach at the Ronald O. Perleman Heart Institute at NewYork-Presbyterian Hospital/Weill Cornell Medical Center. "Women are more likely to have small-vessel disease in microcirculation, which we won't typically see on an angiogram."

The good news is that you can dramatically reduce your risk easily. The first step: Quit smoking. Doctors also recommend following a Mediterranean-style diet — eating fresh fruit, vegetables, whole grains, lean protein and omega-3-rich fish — and getting at least 20 minutes of moderate exercise, such as brisk walking, every day.

Final advice: Eat a piece of heart-healthy dark chocolate now and then, and have sex, which relieves stress and gets oxygen circulating, says Andersen. Who says a heart-healthy lifestyle has to be boring?

Scary stat

#1

Heart disease, the No. 1 killer in the nation, causes more deaths than all cancers combined.

VIRGINIA
PELLEY

letters@metro.us

Quoted

"Forty percent of women experiencing a heart attack won't have chest pain."

Holly Andersen, director of education and outreach at the Ronald O. Perleman Heart Institute

Heart Health Day

**Hearts don't grow on trees.
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**Lord & Taylor Court at the King of Prussia Mall
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Horoscope

Aquarius | Jan. 21-Feb. 18. Spending your hard-earned cash on frivolous purchases or helping others will lead to financial trouble. Adhere to a strict budget.

Pisces | Feb. 19-March 20. Neglecting your love life will be emotionally costly. Plan to share quality time with someone special.

Aries | March 21-April 20. Maintain patience when dealing with others. A troublesome situation will escalate quickly if you aren't sensitive to the problems and challenges faced by others. Do what's right.

Taurus | April 21-May 21. You'll be offered unwanted advice. Disregard any such counsel and remain on the path that you feel most comfortable with.

Gemini | May 22-June 20. Give your spirits a lift by spending time with children. Treating yourself to a guilty pleasure will add to your enjoyment.

Cancer | June 21-July 22. It may seem as though others are taking advantage of you. Make your feelings known. Your frustration will only increase if you don't speak up.

Leo | July 23-Aug. 22. Regardless of from whence it comes, do not repeat gossip. You will be looked upon as untrustworthy, and it could cause damage.

Virgo | Aug. 23-Sept. 22. Focus on romance. Revitalize your relationship. Unexpected expenses may cramp your style, but you can still show affection.

Libra | Sept. 23-Oct. 22. You are in need of some peace and solitude. Avoid conflicts that may cause emotional and physical distress. A quiet evening alone will calm you.

Scorpio | Oct. 23-Nov. 21. Refrain from discussing your financial status. Only a professional adviser has the qualifications to provide what you require.

Sagittarius | Nov. 22-Dec. 21. Offering unsolicited advice to peers will lead to trouble. Don't be afraid to admit that you don't have all the answers.

Capricorn | Dec. 22-Jan. 20. There are many resources available that provide practical ways to refocus your attitude. Consider a discussion group.

BERNICE BEDE OSOL

Sudoku: Easy and hard

	6	7			3			
	9			8		5		6
		4						1
		6		4	5		9	
8			2		9			3
	5		7	3		8		
6						2		
7		8		1			4	
			4			7	3	

			3	7				
		4		6	8			7
			9	1			6	2
	4					2		
	3	7	8		1	4	5	
		2					3	
1	5			3	9			
2			1	4		8		
			8	6				

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Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

1 Lanolin source
5 Attired
9 Prop up
14 Earthen jar
15 Drone's home
16 Big house
17 Put on
18 Amtrak driver
19 Cameo shapes
20 Sleeper (2 wds.)
22 Seek old haunts
24 Pastoral people of Africa
26 Library sect.
27 Patio furnishing
30 "Finlandia" composer
35 Thesaurus man
36 Another helping
37 Technical sch.
38 Yoko —
39 Liner locale
42 Marple's drink
43 Town meetings
45 Geologic divisions
46 Like helium
48 Shrimp catcher (2 wds.)
50 Vague threat (2 wds.)
51 Protein source
52 — Park, Colo.
54 Image receivers
58 Taco cousin
62 Mingling with

63 High prefix
65 Fix a manuscript
66 Scorch
67 Motel plus
68 Willing to try
69 Garlic juicer
70 "And then —!"
71 Feds (hyph.)

Down

1 Happy shouts
2 Bogus butter
3 Canute's foe
4 Oater town
5 Cracker go-with
6 Ronstadt or Hunt
7 Batting stat
8 Earl — Biggers
9 Low-budget film (hyph.)
10 Pasta dish
11 Trivia collections
12 E. — bacteria
13 Prefix for "while"
21 Moisten with drippings
23 Waned
25 Pinpoint
27 Videogame heroine Lara
28 Privilege
29 Where Aesop shopped
31 Orchid-like blossom
32 PC chip maker

33 Internet surfers
34 Kind of fair
36 Nothing but
40 Busybody
41 Names on pedigrees
44 Shade providers
47 Reserve fund (2 wds.)
49 Pounces
50 "Becket" actor
53 Sen. Thurmond
54 Talk hoarsely
55 Omani title
56 Tint or shade
57 Weakens gradually
59 Actor — Arkin
60 Pocket change
61 Nefertiti's god
64 Cote murmur

Yesterday's answer



Letters

Cool down, global warmers

Re: 'Turn up the heat, Foreman' (Metro, Feb. 18) Letter writer Phil Lindsay's facts need a little fact checking of their own. Last year was not warmer than any other year globally. There is a reason it is 61 degrees in Sochi during the Winter Olympics: It is always around that temperature this time of year there. The average high temperature for February in Sochi is 57 degrees. As to the drought the West Coast is experiencing, well, it is the norm for that area. The past 100 years has been the wettest that area has seen in thousands of years. The real fact of the matter is that global surface

temperatures have not risen in 17 years!
KEVIN FINNEGAN, VIA EMAIL

What would Valentine think?

Re: 'Hart-throb' (Metro, Feb. 14-16) You did it again! You thought you'd celebrate St. Valentine's Day by having an actor dressed as a Chippendale model grace the cover of your weekend edition. Given the nature you have become recently, you are a bunch of perverts! [signed] St. Valentine.

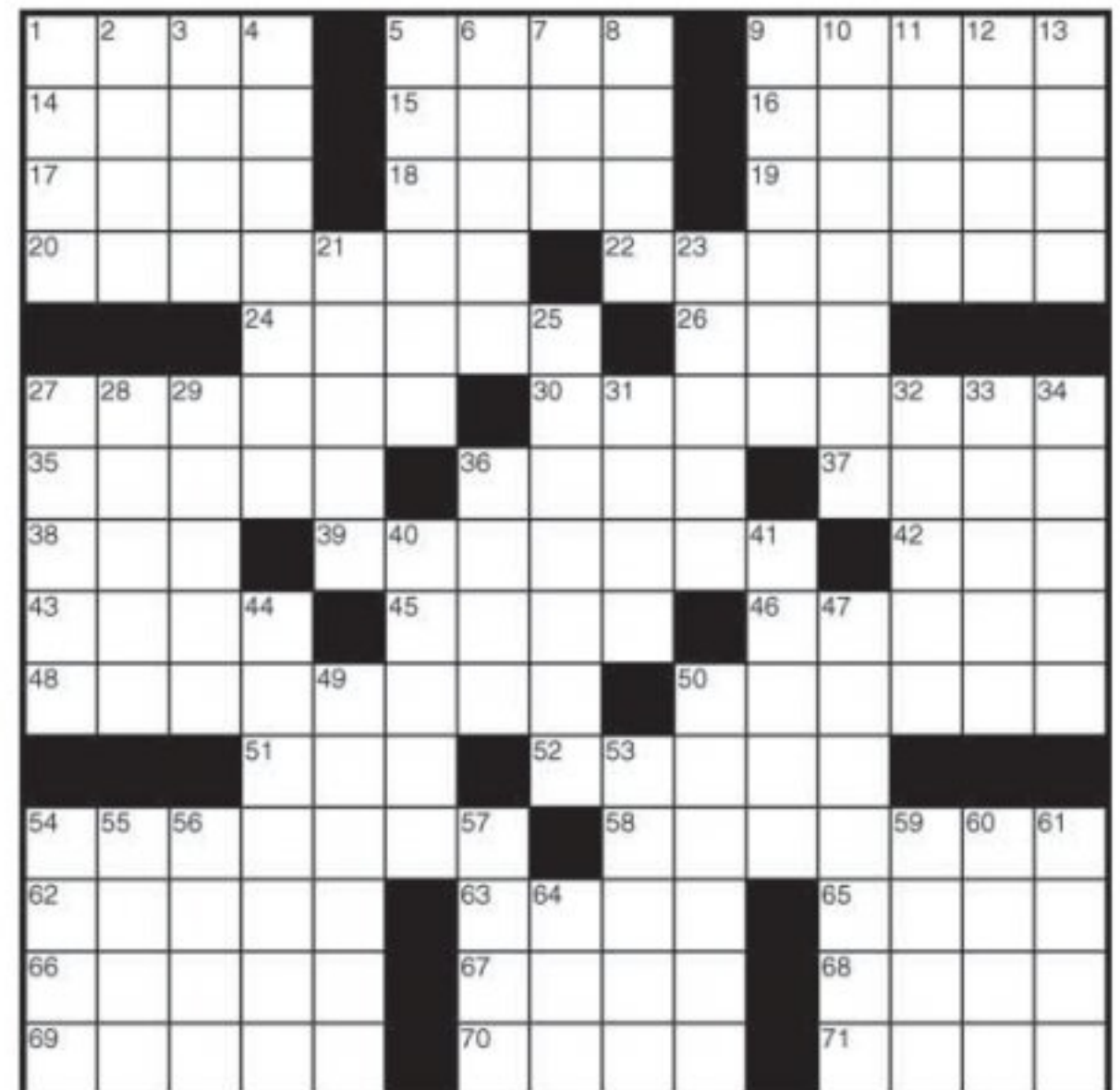
RICHARD CLIFFORD, VIA EMAIL

letters@metro.us

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Online

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1 Olympians from Philadelphia

There may not be many headliners from Philadelphia competing in the Sochi games this month, but the city and surrounding area has a rich history of not only contributing Olympians, but also collecting hardware.

Philly was once a haven for rowers, and after that a powerhouse for medal-winning boxers.

More recently, some great basketball talent competing for Team USA has traced its roots to the City of Brotherly Love.



EVAN MACY
evan.macy@metro.us

Tara Lipinski

Lipinski was born in Philadelphia and spent her childhood in Washington Township in South Jersey.

Her lustrous figure skating career reached its pinnacle in 1998, when Lipinski won the gold medal in Nagano at the age of 15.

Her ascension to the top of the figure skating world helped the sport to reach record heights in the late 90s and early 2000s.



John B. Kelly Sr.

Known as Jack Kelly, the Philadelphia born oarsmen is one of the most decorated men in the history of the sport of rowing.

The father of Grace Kelly, Princess of Monaco, Kelly won two gold medals in Antwerp in 1920 in single and double scull, and a gold in double scull in 1924. He learned how to row on the Schuylkill River and once won 126 consecutive single scull races.

Dawn Staley

Philadelphia native and one-time Temple women's basketball head coach Dawn Staley won a gold medal with team USA in 1996, 2000 and 2004. She is also one of the most accomplished WNBA players in history.



DAWN STALEY
ALL PHOTOS GETTY IMAGES

David Berkoff

Berkoff, currently the head swim coach at William Penn Charter School, has won four Olympic swimming medals during his career. He is known for his underwater start, a start that earned him two gold medals for the backstroke leg of the 4x100 meter relay teams in 1988 and 1992. He also

has an individual silver and bronze for the 100 back stroke in the same two Olympics.

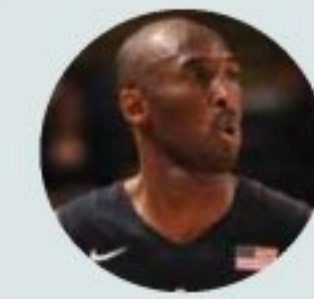


Bill Toomey

Toomey was born in Philadelphia and was an all-around athlete, earning the goal medal for the decathlon in the 1968 games in Mexico City. He also was named the top American amateur athlete in 1969.

Elizabeth Becker-Pinkston

Becker-Pinkston was born in Philly and won a gold and silver medal for diving in Paris in 1924 and a second gold in Amsterdam in 1928.



Kobe Bryant

One of the all-time greats in the NBA, Bryant was born in Philadelphia and went to Lower Merion High School. As an Olympian, Bryant helped Team USA win gold in Beijing and London. He also has five NBA titles.

Tyrell Biggs

Known as Styrofoam, Biggs won a gold medal in the 1984 Olympics in the heavyweight division. The 6-foot-5, 247-pound fighter won 30 of 40 professional fights, with one of his losses coming to Mike Tyson. In his career, Biggs posted an impressive 108-6-4 career mark as an amateur.

Joe Verdeur

Verdeur's Philadelphia ties run deep. The North Catholic High School and La Salle University grad won a gold medal in the 200-meter breaststroke with a new Olympic record in 1948.

3

SPORTS



No. 10

Meldrick Taylor

Taylor won a gold medal in the 1984 Olympics in Los Angeles, fighting in the featherweight division. In his career, Taylor won 38 of 47 matches, with 20 knockout victories.



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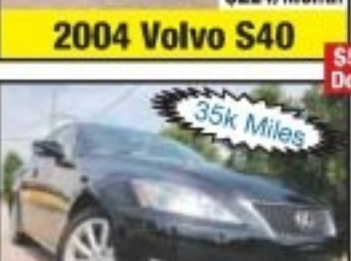
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MATT RHULE

Temple's head football coach talks about why so many Owls make it in the NFL, putting the team on the map in Philadelphia, and having a bounce back season in 2014.

BUILT OWL TOUGH

It sounds like you had a very productive signing day. How are you feeling looking over your incoming freshman class?

I think it's a really pivotal class for us because it's the first we have had as a staff all together in this new conference. I think we have elevated our level of who we're recruiting. We were able to go to nine states, three different time zones and get a lot of kids who had opportunities to play elsewhere. And those 25 kids chose Temple.

Do the shortcomings from last season carry over into 2014 and help to motivate the team?

As a football coach you are always looking for a "buy in," where players believe in what you say and what you do. I think as they were going through some of

Rhule rules

Though inexperienced as an NCAA head coach in a major conference, Temple's Matt Rhule has an impressive resume.

- Linebacker at Penn State, 1994-1997.
- Defensive line coach, quarterbacks coach, offensive coordinator under Al Golden (2006-2010).
- Giants offensive line coach (2012).

those tough moments. We went into the fourth quarter with leads in each of the last six games of the season and as we had some heartbreaking losses, we would ask, "why did we lose?" I think as a team we have emerged much more uni-

fied and together.

Have there been growing pains adjusting to the competition in the American Athletic Conference?

It's akin to a baseball player going from Triple-A to the majors. Anytime you move to the next level of competition, your batting average might dip, but eventually you will rise to the level of competition. While we were in a great conference before in football (the MAC), the American Athletic Conference is a step up. We have spent two years getting our feet underneath us. I think we showed we were right on the cusp last year and I think it's time to take that next step. It's all part of the natural process of stepping up in conference.

Quoted

"When you're a Temple guy, you bring your lunch pail every day, you work your tail off and you take nothing for granted. That's what the NFL players are like, and that's what we want to get the team back to for 2014."

Philadelphia is a city that loves football. What will it take for the Owls to become a hot ticket in the city?

I think it's one of the best values for people like me, people with kids, around. A chance to go see a really good product, we have some really good players and it's only going to get better and better. We play a really exciting style of football. I think there's an entire group of people who are really going to start loving this team.

Aside from incoming freshmen, why is this time of year important for a college football program?

This is really when you build the core of your team, build the fabric, establish the work ethic and get guys stronger. Right now is our time to take it and run with it and really develop a tough football team.

Quarterback P.J. Walker gave us flashes of brilliance during his freshman season last year. Is he going to be the man in 2014?

We have an open competition for everything every day. Every one of us in the job market, who works for a living, we know we get paid based on our production and that's the same thing in football. That being said I think P.J. really cemented and solidified himself as the starter last season. We expect him to get better moving forward.

What sort of expectations do you have for the 2014 season after going just 2-10 in 2013?

I think one of the big lessons I learned last year and our program learned last year, is we don't want to sit around circling wins or predicting wins. There wasn't a team we didn't feel like afterward we could have beat, or could have beaten us. I want to play tough, smart and most importantly disciplined football every single game.

What makes a Temple guy NFL ready?

I think one thing every NFL executive has said to me is that they know when they get a guy from Temple they know they have a guy who hasn't been coddled, who is tough, who is coachable and who not only overcomes adversity but embraces adversity and work ethic. I think that's why we have so many guys getting drafted high, and we also have a bunch of guys who go in as free agents and end up having long careers.

Do the NFL guys come around often?

Rod Streater (Raiders) stopped by and gave me a signed jersey recently. And I just got a letter from the Jets, we had three kids on the Jets this year, [Muhammad] Wilkerson, [Jaiquawn] Jarrett, and [Michael] Campbell. Bernard Pierce called me the other day, he's in the area, he just had rotator cuff surgery. This is a place where, because of where we're located and how much those former players love Temple, all of our alums, especially those in the NFL like to come back here and they think it's a great place. It got them ready to compete at the next level.



Temple by the numbers

6

Number of times Temple blew a fourth-quarter lead during the 2013 season.

2

Number of wins compiled by the Owls in a 2-10 campaign last year. One of the two wins was in the AAC.



EVAN MACY
evan.macy@metro.us

Temple feeder

Owls are all over in the NFL

There must be something in the water in North Philadelphia. In the NFL last season, 14 Temple alums appeared on an NFL roster, most noteworthy nose tackle Terrance Knighton, who started in the Super Bowl for the Broncos.

Last season, running



Temple product Muhammad Wilkerson was among the best players on the Jets in 2013. / GETTY IMAGES

back Bernard Pierce won a title with the Ravens.

The Jets had three Owls on their roster in 2013, Muhammad Wilkerson, Jaiquawn Jarrett and Michael Campbell.

Other noteworthy Temple alums in pro football include Oakland's Rod Streater, Detroit's Tahir Whitehead and New Orleans' Junior Galette. EVAN MACY

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A102 - Harper, Tamika • A108 - Alston, Tashawn • A299 - Cady, Tara • A224 - Goetta, Rina • A587 - Stewart, Winald
A785 - Mack, William • B1107 - Banno-Arango, Maria • B1122 - Kinggold, Lashon • B1214 - Thompson, Tasha
B1402 - Freitas, Michael • B1506 - McCafferty, Rasheda • B1715 - Tate, Dorra • B1734 - Sedova, Natalya • C2116 - Davis, Garry
C2410 - Corbello, Brandon • C2425 - KORNIGAY, TERRA • C2812 - Madson, Andy • C2928 - Bird, Samuel

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PS Orangeco Inc. 701 Western Ave. Glendale California, 91201. PS ORANGE, INC



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0049 - Kozak, Stepan • 0099 - Kozak, Gaby • 0108 - Molten/Jackson, Conrado • 0115 - Griffin, James • 0152 - Hill, Annette
0154 - Moore, William • 0178 - Hammond, Victor • 0200 - Perford, Telenique • 0233 - Adams, Sylvia • 0323 - Daniels, Joseph
0364 - Kuba, Gary • 0401 - Payne, Kalisha • 0430 - McMill, Vincent • 0433 - Morgan, Donald • 0442 - Shukly, Marika • 0466 - Lewis, Joseph
0458 - Pae, Antonio • 0461 - Pearson, Donita • 0702 - Johnson, Tamika • 0716 - Baptiste, Sylvester • 0725 - Mobley, Warren
0733 - Harris, Gloria • 0824 - Ballentine, Stacy • 0825 - Jones, Lisa • 0849 - Alston-Harshman, Sandy • 0956 - Richardson, Ken
1020 - Maples, Erika • 1044 - Shaw, Lakendra • 1070 - Smyth, Bart • 1081 - Jordish, Doreen • 3003 - Garfield Jr, Eugene

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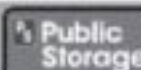


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A007 - Kravchenko, Ruzhko • A023 - Bulak, Parlosa • B0026 - LaPera, Joshua • B0061 - Mladick, Sasa
C0183 - Carlson Jr, John • C0120 - Robinson, Vicki • C0157 - Allen, Nicholas • B0186 - Brown, Gregory • D0199 - Barkley, Eric
B0294 - McNeil Jr, William • G0418 - Ellis, Steven • H0471 - Soyars, Kalish • J0496 - Campbell Jr, Daniel • J0797 - Karsa, Charles
L1011 - Barlow, Derek • H1102 - Mallory, Ashley • P007 - Kane, Brian (1973 Winesaple Adventure 6504)
P027 - Higdon, Felicia (1986 GMC 2802) • P038 - QUALITY WORK (2008 Carry On Trailer 4318)

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A034 - Kissling, Nicole • A099 - Matthews, Kenneth • C297 - McGovern, Jacqueline
D380 - Swanson, Cornelius • D404 - Waite, Nicole • D460 - Kellam, Peter

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D416 - Manion Jr, Thomas (2006 Toyota Scion 5263)
D428 - Baker, James • K1348 - Wells, Harold • O1504 - Green, Doug

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B187 - Vellar, Ian • B197 - TOLLEFSON, DON • B199 - TOLLEFSON, DON • C286 - McDermans, Oscar
C301 - Davis, Aaron • D444 - Silverman, Josh • E472 - WDWLPCS • E491 - Rippe, Diana • G625 - Nicolo, Gian
G651 - Sheppard, Jean • P118 - TOLLEFSON, DON (Ford Explorer)

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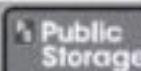


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A045 - Burton, Shaun • A106 - Perry, Kenneth • B064 - DellaPenna, Andrew
B069 - Bolden, Elbert • B125 - Boler, Brandyn • D024 - Petaccio, James
E066 - Halmiton JR, Timothy • E075 - Dorsey, Dantae • E077 - Cowley, Krystal

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1068 - Kane, Jennifer • 1069 - Werobetz, Teras • 1074 - Leonardo, Martha • 1100 - Felder, Lena
1101 - Clark, Tokita • 1106 - Watts, Edward • 1112 - Cancelliere, Dawn • 1116 - Thompson, Patricia
1118 - Mackey, Celeste • 1215 - Anderson, Perry • 2007 - Floody, Deana • 2130 - Kress, Wilfredo
2140 - Barton, Marie • 2175 - Sampson, Dawn • 2269 - Gornett, Anthony • 2338 - Ravonel, Michael
2344 - Bohn, Michael

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Adams to start season on DL

MLB. The Phillies still hope Mike Adams can be a key member of the bullpen this season.



Mike Adams has set a time frame for his return. The set up man hopes to pitch a bullpen session on Feb. 27. / GETTY IMAGES

It probably comes as no surprise that frequently injured set up man Mike Adams will begin the upcoming season on the disabled list.

The righty had shoulder surgery in July, and is in no rush to return to the active roster.

He says he plans to pitch for the first time on Feb. 27, a bullpen session, and perhaps pitch in spring training games in mid-March.

There is great financial incentive for Adams to get back into form. He has a \$6 million vesting option in 2015 that is automati-

cally triggered if he eclipses 60 innings pitched.

Adams appeared in 28 games last season with Philadelphia before being shut down in early summer. He went 1-4 with a

3.96 ERA. For his career, Adams has an impressive 2.39 ERA.



EVAN MACY

evan.macy@metro.us

Bullpen session

Hamels is one week away

Cole Hamels announced Tuesday that he plans to throw a bullpen session in one week's time, next Tuesday.

This announcement comes a few days after the ace revealed he would not be ready on opening day due to a bicep injury. **METRO**

Phillies first

Sandberg runs first team workout

Manager Ryne Sandberg oversaw his first practice as Phillies skipper Tuesday, and started spring training regiment with baserunning drills.

"That's an area that I think needs improvement," Sandberg said, citing it as a "major priority." **METRO**

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Gale A Martin 2365 • Darlethia E Butler-Hall 2186 • Marjorie S Reed 1012
Clover Hines 2516 • Da-Yona Pringle 2455 • Benjamin Hassell 2253
Brian F Franco 2172 • James Cox unit 2353 • Theresa Pardo unit 1144

March 7, 2014 AT 11:00 AM at CUBESMART, 1000 Easton Rd, Wyncote, PA
Owner reserves the right to bid at public sale, reject any or all bids, &/or cancel or adjourn sale.
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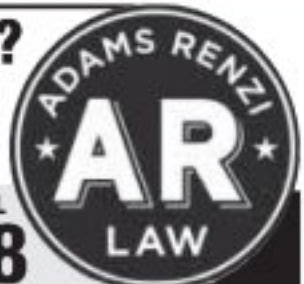
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Notice is hereby given that Delaware Valley Charter High School has released Request for Proposals (RFP's) for high speed internet access service. Details are provided within the formal posted RFP's. All responses must be completed utilizing this RFP form with all lines and information included. Responses are to be sent via email to: eratesupport2014@intelagentresources.com no later than 12 midnight on March 6, 2014. Please include "DVCHS Internet Response" in the subject line.
To obtain a copy of the RFP's visit www.intelagentresources.com and go to "Bid Opportunities" or you may find RFP copies on the schools website at www.dvchs.net. Questions regarding this request can be sent to Remy Bibaud at remy@intelagentresources.com or by calling 412-231-1515.

Name Change Notice
Court of Common Pleas for the County of Philadelphia, December term, 2013, No. 0080.
Notice is hereby given that on December 19, 2013, the petition of:
Jie Xin Chen was filed, praying for a decree to change her name to Vivian Chen.
The Court has fixed courtdate, February 24, 2014 at 12:30 P.M., in Room No. 691, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause if any they have, why the prayer of the said petition should not be granted.

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